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Thursday, January 13, 1983

## Wooden Boats **Being Sought**

The North Carolina Marine **Resources** Center/Roanoke Island is seeking old wooden work boats suitable for educational display.

Exhibits Coordinator, Dale Martin, explains that the center is looking for wooden boats in an effort to show the boatbuilding craft of northeastern North Carolina. Wooden fishing boats or small sail boats of the style used for transportation and pleasure are what the center is seeking.

The boats will bused for out-of-doors exhibits and will join four boats already on display.

The most recent add tion to the center collection is a 24-foot shad boat donated by a Manns Harbor reside The shad boat was built by Mann H. Basnight in 1920 and is similar to many shad boats or wooden fishing boats built on the Dare County mainland during the first half of this century.

Another shad boat believed to be a Creef-built boat and a Beebe-Mclelan self-bailing surf boat are also on display on the center grounds.

Inside the center, another wooden sail boat is on display. The "Sea Chest", built as a project of the Sea Chest magazine at Cape Hatteras School, is located in the center lobby. The boat is a spritsail skiff of the style used on the Pamlico Sound during the late 1800's and early part of this century. The boat is on loan to the center from the school ocated at Buxton on Hatteras Island. Sea Chest magazine is the student produced journal of culture and history at the school. The boat was built as a reproduction and funded by a grant from the National **Trust for Historic Maritime** Preservation.

Anyone with a wooden boat which they would like to donate to the center should contact Martin at 473-3493. The center is open weekdays during winter months from 9 A.M. to 5 P.M.

Anyone donating a boat can take advantage of tax deductions for the contributions since the boats are used for educational purposes.

The Marine Resources Center, located adjacent to the Manteo Airport and on the shore of the Croatan Sound, is late operated marine education and research facility. It features a public aquarium gallery, coastal exhibits, marine resources



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library, teaching lab, re earch laboratories, auditorium, seminar and conference facilities

## **Cooking Without** Salt Is Easy

Do you need to cut down or eliminate salt from your cooking?

"Don't despair. Other seasonings, herbs and spices can turn a bland menu into a gourmet's delight," says Sarah Hinton, extension nutrition specialist at North Carolina State University.

Spices which contain no sodium include allspice, cinnamon, cloves, ginger, dry mustard and nutmeg. Allowable herbs are: basil, bay leaf, caraway seed, dill, majoram, oregano, mint, rosemary, sage, savory, tarragon, thyme and celery seed.

While some condiments are heavy on salt, these should spice up your cooking. Experiment with chives, curry, garlic, fresh parsley, mace, paprika, garlic powder, onion powder, vanilla extract, onion, vinegar, lemon juice, pepper and poultry seasoning. Among the seasonings to avoid are: salt, celery salt, garlic salt, onion salt, catsup, chili sauce, chili powder. prepared mustard, horseradish prepared with salt (check the label), vegetable and meat extracts such as bouillon, meat sauces, meat tenderizers, Worcestershire sauce, monosodium glutamate, lemon pepper, y leaves or flakes, olives, relishes and dried

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New condiments and seasonings are coming on the market. If you are unsure, check the label. Packaged foods must list salt or sodium as an ingredient if it is pre-sent, the extension specialist says.